

Name: Daniel Rivera/Alec Hathcock		Grading Quarter: 1	Week Beginning: 9/05/23
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes:  LABOR DAY NO SCHOOL	Objective:  Lesson Overview:	Academic Standards:
Tuesday	Notes:	Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squat and hang cleans as the core lifts.  Lesson Overview: Block 1 Monday Week 4 Lower Body Workout See Canvas for detailed workout.	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Wednesday	Notes:	Objective: Demonstrate proper technique, form and safety while performing upper body exercises including bench press as the core lift.  Lesson Overview: Block 1 Tuesday Week 4 Upper Body Workout See Canvas for detailed workout	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Thursday	Notes:	Objective: Demonstrate proper technique, form and safety while performing lower body exercises including front squat as the core lift.  Lesson Overview: Block 1 Wednesday Week 4 Lower Body Workout See Canvas for detailed workout	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5

Friday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing upper body exercises including incline bench press as the core lift.</p> <p>Lesson Overview: Block 1 Thursday Week 4 Upper Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
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